

'Anything Goes' at Greek Theater Through August 15



GERTRUDE NIESEN
Operatta Star

Walteria PTA

An invitation is extended to all children of Torrance, Walteria and the Riviera by the Girl Scouts of Seaside Ranchos to attend their carnival on Aug. 6. They are raising money for their equipment and for welfare work. There is to be a movie, street dance, games, booths and a fish pond. It will be held from 4:30 to 8 p.m.

Sergeant Conger's Cub Scouts are hosts at a free movie every Friday evening at 7:30. The Cubs sell pop, candy and other refreshments. Don't forget a blanket and pillows to sit on. It is held at Walteria Park, just off Highway 101.

The P.T.A. of Walteria has lost no time, even though it is summer, in their program for the year. Mrs. B. Kirks, Mrs. Paul Roettger and Mrs. Byron Johnson have been working on the official program. Mrs. Eva Kelly of Walteria has been organizing the Mothersingers. The first meeting will be held at her home tonight (July 29) at 7:30 o'clock.

The Torrance Herald now may be purchased at the Palos Verdes drug store, as a convenience to the people of the hillside section of Torrance, who want to keep abreast of their city's doings.

Ted Meyer, one-time executive of the Torrance Y.M.C.A., active in camp and aquatic teaching programs there, is continuing his excellent record at the Riviera Beach Club. Tom Foffner, one of his pupils, recently swam 65 lengths of the Riviera pool without stopping, the equivalent to more than a mile. He has taught 25 pupils to swim a distance of 40 feet alone, as well as diving technique. Mr. Meyer is a representative of an investment and securities firm, but is doing this athletic coaching as a hobby. The pool is open to the public.

Most of our so-called reasoning consists in finding arguments for going on believing as we do. — Dean Inge: A Rustic Moralist.

* Greek Theatre has lined up a large and colorful cast for its third summer operetta, "Anything Goes," which opens its two week run August 2.

Gertrude Niesen, sultry blonde singer starring in the popular Cole Porter musical, gets her principal support from Johnnie Johnston, Buster West, and Gloria Lind. Others featured in the cast of 50 are Dorothy Dare, Kirby Smith, Thayer Roberts, Arthur Gould-Porter, Michael Hayes and Geraldine Wright.

Miss Niesen recently appeared in "Follow The Girls," which established her as a musical comedy star in addition to her recognized radio and screen ratings. After her first guest appearance on the Rudy Vallee show, Gertrude remained on the air with him for over a year and has since been featured on the radio consistently. Her first picture, "Top Of The Town" was followed soon by "Start Cheering."

Johnnie Johnston, well known for his radio and screen singing, plays the role of Billy Crocker, and Buster West, comedy star of "The Red Mill," is cast as Dr. Moon.

Currently showing to the Greek Theatre audiences is "The Vagabond King," starring Dorothy Sandlin and Lawrence Brooks, which finishes its performance July 31. Others in the cast are: Lionel Stander, Ian Keith, Frances McCann, and Mary Treen.

Fundamental Causes of Muscular Cramps Is Told Swimmers

Insufficient blood circulating in the muscles to nourish them while they are working is the fundamental cause of most muscular cramps. In situations where a given muscle or set of muscles is called upon for continued or unusually strenuous effort such as writing, a cramp or spasm may result which will make it impossible to continue the work.

Abdominal colic or cramps may be caused by dietary indiscretions although appendicitis, gall stones or food poisoning should be ruled out in cases of this sort.

Heat cramps are often caused by dehydration through perspiration. As a preventive, especially while drinking large quantities of water when doing strenuous work in hot weather, salt should be ingested in order to compensate for loss of salt through perspiration. Salt aids in holding the water in the tissues.

Swimming cramps could also be classified in many instances as dietary indiscretions. Swimmers should stay out of the water for at least an hour after eating and up to two hours, depending upon the amount and heaviness of the food consumed.

Gentle massage of a cramping muscle, except with abdominal cramps, is relaxing. Applying heat may also restore the blood's circulation and relieve the pain. In muscular cramps, extension of muscles such as forcibly stretching the fingers or toes many times gives relief.

AT CATALINA
Mr. and Mrs. Fred Sandstrom of 2522 Eldorado avenue, recently returned from a week's vacation at Catalina. They were accompanied by their daughters Dorothy and Joan and Marlene "Bunky" Quaglin. Cecelia Bidwell joined the group for three days.

Half the misery in the world comes of want of courage to speak and hear the truth plainly and in a spirit of love. — Harriet Beecher Stowe.

Critical Shortage of Whole Blood Reported

It took Los Angeles Red Cross a year to collect as much whole blood from donors as we gathered during World War II over a ten-day span!

This fact was disclosed this week by Chairman William T. Senon, Jr., who completed tabulation on a production report of the blood donor service program here.

Covering the 12-month period from July 1 of 1947 to the same date this year, the Red Cross

Administration hospitals with 15,318 pints of whole blood, for a monthly average of 1276—barely half of the sought-after goal.

"During the war years Los Angeles Red Cross recorded many 10,000-pint weeks," Senon pointed out. "Today's achievements in the matter of supplying whole blood to convalescing war-wounded and others is a far cry from the re-

cord-setting pace established by this community through World War II, when whole blood and plasma were being dispatched to the battle fronts of the globe."

Emphasizing that the need for whole blood today is "comparatively just as great, if not greater, than that which prevailed in 1941-45," Senon disclosed that whole blood reservoirs in hospitals here "are fast reaching an all-time low level."

"Red Cross is seeking 'only 2500 pints of blood per month to meet requests filed by hospital leaders in this locale,'



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Now you can always make taste thrill salads that are lovely to look at and . . . delicious to eat. The secret: selecting the "makings" at Safeway's produce stands. Here you'll find only full flavored and garden fresh vegetables and fruits. Expert selection, speedy transportation and tender care means extra goodness.

HEAD LETTUCE

Large, solid, crisp heads.

TOMATOES

Large, ripe. Ideal for slicing.

SALAD VEG'S

Packed in cellophane package.

CUCUMBERS

Fancy quality. Firm and crisp.

lb. 5¢

lb. 10¢

Pkg. 12¢

lb. 5¢

AVOCADOS

Meaty, Nabal variety.

PEACHES

Delicious Elberta Freestones.

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Valencias. Juice filled!

CARROTS

Young and tender. Tops off.

lb. 29¢

GOOD EATING lb. 10¢

7-lb. Mesh bag 29¢

GARDEN FRESH lb. 5¢

SPREADS

MAYONNAISE

SALAD DRESSING

- Mayonnaise Nu Made Pt. jar 43¢
- Salad Dressing Cascade Pt. jar 32¢
- Sandwich Spread Miracle Pt. jar 37¢
- Peanut Butter Skippy 1-lb. jar 37¢
- Peanut Butter Beverly 1-lb. jar 35¢

FRUITS, JUICES & VEG'S.

- Applesauce Redwood Empire 2 20-oz. cans 27¢
- Grape Juice Welch's Pt. bot. 24¢
- Sugar Belle Peas 20-oz. can 17¢
- Sweet Peas Gardendale Standard 20-oz. can 10¢

CHECK THESE VALUES

- Tamales Gebhardt's 15 1/2-oz. can 19¢
- Sweet Mixed Pickles Libby's brand 11 1/2-oz. jar 19¢
- Dill Pickles Honeymoon 24-oz. jar 25¢

HOUSEHOLD NEEDS

- White King Toilet Soap bar 8¢
- White King Cocoa Almond Soap 2 bars 19¢
- Cashmere Bouquet Toilet soap 2 bars 23¢
- Mission Bell Toilet Soap bar 8¢
- Palmolive Soap Bath Size bar 13¢
- Ivory Soap Large Size bar 17¢
- Breeze Soap For Dishes 10-oz. pkg. 31¢
- Vel Marvelous Suds 15-oz. pkg. 31¢
- Rinso Soap Granulated 23-oz. pkg. 34¢
- Spic & Span Household Wonder 16-oz. pkg. 23¢

GRAPEFRUIT JUICE

Townhouse, natural. 18-oz. can 9¢

TOMATO JUICE

Sunny Dawn. (3-18-oz. cans, 25c)

CHILI CON CARNE

Gebhardt's, plain. 15 1/2-oz. can 38¢

LIGHT MEAT TUNA

California brand. 7-oz. tin 41¢

PINK SALMON

Sea Run Alaska brand. 7 3/4-oz. tin 34¢

BEEF STEW

(30-oz. can, 69c) Nalley's. 15-oz. can 37¢

CANTERBURY TEA

BLACK TEA

1/2-lb. Pkg. 53c 1/4-lb. Pkg. 27c

CANNING SUPPLIES

- Quart Jars Regular Mason dozen 89¢
- Pint Jars Regular Mason dozen 75¢
- Jar Lids Regular dozen 11¢
- Jar Caps Complete Lids and Rings dozen 23¢
- Squat Jelly Glasses dozen 45¢
- Cane Sugar 5-lb. bag 43¢
- Beet Sugar 10-lb. bag 83¢

SAFEWAY SAVINGS

- Graham Crackers Oven-Glo box 25¢
- Kitchen Craft Flour 10-lb. bag 93¢
- Dog & Cat Food Dr. Ross 12-oz. can 12¢
- Dog Food Ken-L-Ration 2 16-oz. cans 25¢
- Dog Food Marco 2 15 1/2-oz. cans 19¢
- Sno White Salt Plain or Iodized 26-oz. ctn. 9¢
- Breakfast Cocoa Baker's 1/2-lb. 19¢
- Baby Foods Libby's 12 cans 95¢

...see how you save at SAFEWAY!

POTTED MEAT

Libby's brand. 3 1/4-oz. tin 9¢

CANNED MILK

Evaporated. (Small can, 7c) TALL can 14¢

SANDWICH SPREAD

Lunch Box. (8-oz. jar, 21c) Pt. jar 35¢

TOMATO CATSUP

Red Hill brand. 14-oz. bot. 17¢

SODA CRACKERS

Oven-Glo brand. 1-lb. box 23¢

HOT ROLL MIX

Pillsbury brand. 14 1/2-oz. pkg. 25¢

AIRWAY COFFEE

GROUND TO ORDER

3-lb. Bag 1.15 1-lb. Bag 40c

MONDAY IS IDEAL FOR SHOPPING.

There's less traffic, less confusion, greater convenience and same low prices as advertised on week ends. Save time, save money, shop on Mondays. ADVERTISED PRICES EFFECTIVE THRU MONDAY, AUGUST 2nd, IN LOS ANGELES COUNTY SAFEWAY STORES.

DESSERTS

- Jell-well Galatin Dessert pkg. 6¢
- Strawberry, Raspberry, Lime, Lemon, Orange or Cherry.
- Jiffy-Lou Pudding pkg. 6¢
- Chocolate, Vanilla or Butterscotch.

WINE

- Dessert Wine Monte Cristo—Port. fifth 68¢
- Appetizer Wine Monte Cristo—Sherry. fifth 68¢

GUARANTEED MEATS

Safeway buys only top U.S. Government grades of beef, lamb and veal . . . they're trimmed "waste-free" before weighing.

ROUND STEAK BEEF, NO. 1 CUT lb. 85¢

FRYING RABBITS YOUNG TENDER lb. 63¢

SOLE FILLET CELLOPHANE WRAPPED lb. 49¢

Whiting Fish Ready for the pan! lb. 29¢

Halibut Fillet Northern. No waste. lb. 53¢

Lamb Roast Full 5-lb. shoulder. lb. 65¢

Pork Chops Loin or rib ends. lb. 69¢

Bacon Squares An exceptional value! lb. 33¢

Sliced Bacon Wilson's Certified. lb. 67¢

Van de Kamp's BAKERY

SPECIAL PRICES

Thursday, Friday & Saturday
July 29, 30, 31 Only

Orange Roll Coffee Cake 19c pan
(25c Value)

Delicate, tender coffee cake dough filled with fresh California orange and maraschino makes this coffee cake truly different in taste. Especially good when warmed just before serving.

13-Egg Uniced
Angel Food Cake 69c ea.
(Reg. 89c ea.) 35c half

Thirteen egg whites, fine quality cake flour and sugar are masterfully blended to make this cake a perfection. Wonderful for special occasions when served with Van de Kamp's Fine Ice Cream!

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KEEP A SUPPLY ON HAND

Prices are for contents only. Deposits are extra.

- Orange Soda Gold Rush 2 full quarts 23¢
- Sno-Cola Refreshing Beverage 2 full quarts 23¢
- Ginger Ale Snowy Peak 2 full quarts 23¢
- Strawberry Soda Cragmont 2 full quarts 23¢

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